



# Base Bulletin

Vandenberg AFB, CA 93437-0759



5 November 2003

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The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to [publishing.vafb@vandenberg.af.mil](mailto:publishing.vafb@vandenberg.af.mil) or to Publishing VAFB on the Global, or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCSP by noon Friday, the week before you want your item to appear. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.

## SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

## SECTION II — OFFICIAL

### 1. Team Vandenberg:

**a. Publishing Office E-Mail:** Please note that you are receiving the Base Bulletin via the new e-mail account at [publishing.vafb@vandenberg.af.mil](mailto:publishing.vafb@vandenberg.af.mil). Please submit all new notices and advertisements to this new account. The old e-mail account is obsolete. If you want to hand deliver an item for the Bulletin, the Publishing Office has moved to Bldg 6525, Rm B-27/B-29. (30SCS/SCSP, 6-7892)

**b. Colonel Worley's Force Development Visit:** Colonel Robert Worley II, Air Force Space Command's Director of Mission Support, will brief Vandenberg's officers and their civilian supervisors on force development. The following are the dates, times, and locations for the briefing. It would be appreciated if each unit could attend the briefing to which they've been assigned to the maximum extent possible. 5 Nov 03: 1300 at the WROCC—30MSG and 30MXG, 6 Nov 03: 0900 at the PCC—30OG and VAFB Tenant Units (with the exception of the 381TRG), 1530 at the PCC—30MDG and 381TRG Students welcome. (30MSS/CCQ, 6-0804)

**c. Joint Pacific Area Scheduling Office (JPASO) Conference:** The next JPASO conference is scheduled for 6 Nov 03 at 1000 in the Bldg 7025 auditorium. There will be a special Western Range Operations Communications and Instrumentation (WROCI) presentation by Mr. Ken Cinal of InDyne Inc. In addition several range scheduling briefings are planned with presentations by JPASO Pacific area range representatives including PMRF Barking Sands Hi, Naval Air Pt. Mugu CA, 22 Space Operations Squadron, Peterson AFB CO, Reagan Test Site U.S. Army Kwajalein Atoll and others discussing range instrumentation, maintenance, operations schedules and related topics. For more information call, Russ Johnson at 6-8985. (30RANS/DOUS)

**d. Overseas Holiday Mail Dates:** To ensure delivery of holiday greeting cards and packages, the Postal Service recommends mailing by the following dates. Items for delivery by Hanukkah should be mailed five days prior to the dates noted below: VAFB Postmaster, Julio Newman, 734-4327. (USPS)

Military Addressed to	First Class	Priority Mail	PAL	SAM	Parcel Post
APO/FPO AE Zip 090-099	Dec 11	Dec 11	Dec 4	Nov 28	Nov 13
APO/FPO AA Zip 340	Dec 11	Dec 11	Dec 4	Nov 28	Nov 13
APO/FPO AP Zip 962-966	Dec 11	Dec 11	Dec 4	Nov 28	Nov 13

**e. Legal Assistance:** Military members, dependents, and retirees are eligible for free legal assistance. Legal assistance hours are 0830—0930 Monday, Wednesday, and Friday and 1530—1630 Tuesday and Thursday. The legal office can draft wills, as well as provide advice on numerous topics such as consumer law or landlord/tenant issues. Powers of Attorney and notary services are also available. No appointment necessary, clients are seen on a first come, first serve basis. The Legal Office is located in Bldg 10577, Suite C-100. (30SW/JA, 5-6200)

**TEAM VANDENBERG**

**f. Legal Office Closure:** The Legal Office will be closed from 20 Nov 03—1 Dec 03 for office renovation. Legal Assistance will not be available during that time. If you are scheduled to deploy in November, please make arrangements to visit our office prior to 20 Nov 03 for any legal advice, documents, wills, or powers of attorney. If you have any questions, please contact MSgt Cary Rosson at 5-6200. (30SW/JA, 5-6214)

**g. Claims Office Closure:** The Claims Office will be closed 20 Nov 03—1 Dec 03 for office renovation. The statute of limitation to file a claim is two years from the date of delivery or date of incident. If there is anyone who must file a claim during this timeframe, it is important that you call and schedule an appointment by 14 Nov 03. If you have any questions, please call TSgt Yuvonne Prince or Ms. Annie Toves at 5-6214. (30SW/JA, 5-6214)

**h. Eagle Eyes Program:** The USAF's Eagle Eyes program is a highly successful effort to not only fight crime, but suspected acts of terrorism across America. In the aftermath of September 11, 2001, the need for strengthening and securing our communities has become even more critical, and Eagle Eyes reporting is taking on a greater significance. When you help your community by reporting suspicious acts, you help the nation. Some examples of what the Air Force Office of Special Investigations (AFOSI) would like to see people reporting are: Surveillance activities. People or organizations attempting to gain information regarding military operations, capabilities, or people. Stealing or loss of explosives, weapons, and ammunition. Acquiring military uniforms, decals, flight manuals, base passes/badges and/or the equipment to manufacture such items. Suspicious persons in on or around military bases. To report all suspicious activity please call AFOSI 6-1852 or (24 hrs) 30<sup>th</sup> SFS, LE Desk @ 6-3911. Be a part of the solution join the Eagle Eyes Team. (DET804/AFOSI, 6-1852)

**i. Airman Against Drunk Driving (AADD):** Call us and we will come get you. 605-AADD/606-AADD. We care, do you? (30CES/CCS, 6-3612)

## **2. 30<sup>th</sup> Space Communications Squadron:**

**a. Video Teleconferencing Center:** The Video Teleconferencing Center (VTC) is available to DOD personnel to conduct official government business to dispersed locations. Use of the VTC can enhance official business activities without additional travel costs. New site locations are being added weekly. Major locations include Peterson, Patrick, Cape Canaveral, Los Angeles, the Pentagon and many others. Call for more details or tours at 5-0397. The VTC is located in Bldg 8500, Rm 115, the office is located in Rm 113. (30SCS/SCSVC, 5-0397)

**b. Revised Publication:** The following products have recently been updated on the VEPDL: 30SWVA91-1, Commanders Safety Policy, 30SWIND2, Numerical Index of 14<sup>th</sup> Air Force and 30<sup>th</sup> Space Wing Publications, and AFSPCI36-2202\_14AFSUP1, Mission Ready Training, Evaluation and Standardization Program. If you have any questions please contact Publishing Management. (30SCS/SCSP, 6-7892)

## **3. Traffic Management Office:**

**a. Separating, Retiring or PCSing?** PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick-up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. (30LRS/LGRT, 6-0904)

**b. It's Your Move:** If you are scheduled to make a Government sponsored move this message is for you. The Traffic Management Office (TMO) would like to send you information to assist you with your move. Along with the briefings, an "E" package of tips and information on your upcoming move can be e-mailed to your computer. (30LRS/LGRT, 6-6932/33)

**c. Shipping Your Pet:** If you are PCSing overseas with your pet, the following website contains useful information and web links: <https://amclg.scott.af.mil/cgi-bin/index.pl?dd=/don/lgtp&ti=HQ+AMC/LGTP+-+Passenger+Policy>. HQ AMC Pet Brochures are available at TMO Passenger Travel, Bldg 11777, Rm C-113. (30LRS/LGRT, 6-6932/33)

## **4. Civilian Personnel: (30 MSS/DPCE, 6-5847)**

**a. Voluntary Leave Transfer Program:** Carl A. Boettger and Chester Wedgeworth - Vandenberg AFB, Johnna DeSimone - Schriever AFB, Sandra Jernigan, Betty O'Herlihy, Howard Brown, and Tim Jones - Luke AFB, Michael Baca - HQ ARPC/MS, Glenda Bennet - Peterson AFB, Ethel Carter, Richard Porterfield, and Sue Sommers - Scott AFB, Betty Dean - Dyess AFB, Carolyn DeLaGarza - Langley AFB, Contine Francis and Janice Shinkle - Macdill AFB, Delores Green and Yvonne Williams - Dobbins ARB, Wilson Holloway and Frank Valentik - Avon Park AFB, Jane Kelsey and Earle Tasse - Eglin AFB, Roberta Clark, Eileen Clemmons, Theresa Currier, and Jennifer Mac Davitt - Patrick AFB, Stephanie Manning - Sheppard AFB, Earl Mikula - Buckley AFB, Dotsy Parnell - Shaw AFB, Jacquelyn Schmidt - AF Academy, and Michael Zarbo - Ramstein AB

are all in need of leave donations. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. You can go by Building 11777, Room B-103 to pick-up and/or turn in your form. You can access this form on the web at: [http://www.opm.gov/FORMS/PDF\\_FILL/opm630A.pdf](http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf)

**b. Weingarten Right:** Federal civilian employees who are members of a bargaining unit have the qualified right to union representation during investigatory interviews/meetings. This Weingarten right is mandatory when the following four (4) conditions are met:

- a. The meeting between the employee and management official(s) must be an examination;
- b. The examination must be in connection with an investigation;
- c. The employee must reasonably believe that disciplinary action may result from the meeting; and
- d. The employee must request representation.

**c. White House Fellowship Program:** Did you know all U.S. citizens (except federally employed civilians) are eligible to apply for the White House Fellowship Program? There are no restrictions for age, sex, race, or physical requirements. This program seeks to draw exceptionally promising people from throughout the nation, providing them first-hand experience in the process of governing our nation. Annually, 11 to 19 U.S. citizens are selected to work full-time for 1 year as special assistants to senior executives in cabinet-level agencies or in the executive office of the president. Military personnel are encouraged to apply as this program does enhance executive development. Check out the following link for more details: <http://www.afpc.randolph.af.mil/pme/External/WHFellows.htm>. Please contact customer service at 6-2776 for further information. (30MSS/DPMA, 5-8481)

#### 5. 30th Civil Engineering: (30CES)

**a. Biodegradable Yard Waste Bags:** Free environmentally friendly green waste bags are available family housing residents. If you bag your lawn clippings, tree trimmings, or other yard waste, stop by the Self Help Store and pick up free lawn bags. These bags biodegrade quickly into compostable material which the base can use for mulching and erosion control projects. Best of all, they're Free! Contact Dennis Ford at 6-5726 if you have any questions.

**b. Proper Ventilation:** Due to our location mold and mildew can become a problem, but proper ventilation can prevent it. Turn on the bathroom exhaust fan and/or open a window in the bathroom during and after a shower or bath. If no window exists in the bathroom, leave the bathroom door ajar following the shower or bath and open windows in other rooms to create a cross draft for about 10 minutes. If mold and mildew manage to develop anyway, open windows in the affected area to facilitate drying, and scrub the area with a solution of one-cup bleach and one gallon of water, rinse and wipe dry. In the case of mold on painted surfaces, allow this solution to soak in before scrubbing lightly, rinsing and drying. If your carpet gets wet, dry it quickly to prevent the growth of mold under the carpet. You can use a fan directed at the wet area of the carpet to dry it and prevent the growth of mold. (30CES/CEH, 6-3477)

**c. MFH Bulk Item Pick-Up:** The bulk item pick-up scheduled for 10 Nov 03 has been rescheduled for 17 Nov 03. This date coincides with the fall clean up scheduled for 12 to 14 Nov 03. As usual, make sure your bulk items are out at the curb by 0700 on 17 Nov 03. (30CES/CEOEC, 6-2808)

#### 6. 30th Medical Group: (30MDG)

**a. Optometry Appointments Available:** Just a reminder that the VAFB Optometry Clinic is open to all active duty, and TriCare Prime dependents (active or retired). Some "space available" appointments are available for all other categories of DoD beneficiaries. Per TriCare Prime guidelines, dependents of active duty are authorized one eye exam every twelve months; TriCare Prime retirees and their dependents are authorized one eye exam every twenty-four months. To schedule an appointment, please call the 30th MDG Optometry Clinic at 6-0468. (30MDG/SGGFE)

**b. Ordering Gas Mask Inserts:** All active duty that require spectacles for distance vision need to have a usable pair of gas mask inserts. If you need to order gas mask inserts, please stop by the Optometry clinic with your medical record, or call 6-0468 for an eye exam. (30MDG/SGGFE)

**c. Healthcare Consumer's Advisory Committee Meeting:** The Healthcare Consumer's Advisory Committee will convene on Monday, 17 Nov 03, at 1000, in the 30th Medical Group's Commander's Conference room. Please share all concerns with your Unit Health Monitor. (30MDOS/SGO)

**d. Operation Baby Launch:** Monday, 17 Nov 03, 1700, Vandenberg AFB Clinic Auditorium. Pregnant??? Planning a family? You are invited to attend Operation Baby Launch sponsored by the 30th Medical Group. This is a great opportunity to learn about resources available from civilian representatives from our two local hospitals, TRICARE financial concerns, Vandenberg AFB Family Practice Clinic and much more. Receive a free formula kit, gifts and a free raffle from representatives. Spouses and partners are

welcome; no registration is necessary. For additional information call Cpt Rosales, 5-8254 or Nancy Sias, at 6-8217. (30MDOS/SGO)

**e. Vandenberg Clinic Closure:** The Vandenberg Clinic will be closed 20 Nov 03 for Mandatory Medical Readiness Training. For urgent needs call 606-CARE or 1-888-252-3299. Please plan ahead for appointments and Pharmacy refills. (30MDOS/SGO, 6-3308)

**f. TRICARE Services:** TRICARE counseling is available. Contacts are Bonnie Robles 6-7483, [bonnie.robles@vandenberg.af.mil](mailto:bonnie.robles@vandenberg.af.mil) or Judith Monroe 6-6785, [Judith.Monroe@vandenberg.af.mil](mailto:Judith.Monroe@vandenberg.af.mil) Fax 5-4785. (30MDOS/SGO, 6-3308)

**g. TRICARE Services:** TRICARE Management Agency—The Fiscal 2000 National Defense Authorization Act mandated the establishment of Beneficiary Counseling and Assistance Coordinator positions, full time at lead agent office and collaterally at Military Treatment Facilities worldwide. BCACs are a congressionally mandated initiative, implemented by the TRICARE Management Activity to improve customer service satisfaction, enhance beneficiary education, and help reduce the volume of Congressional inquiries from beneficiaries. Also, to assist TRICARE beneficiaries with resolving debt collection issues, the Under Secretary of Defense for Personnel and Readiness has established a Debt Collection Assistance Officer Program at every lead agent office and at every MTF worldwide. BCACs will provide priority assistance when presented documentation verifying that a collection action has been started or that negative information is reflected on beneficiaries credit reports as a result of late or non-payment for medical or dental care received through TRICARE. BCACs act as a preventive mechanism for trouble-shooting all TRICARE and Military Health System Health System issues and concerns. The local BCAC contacts are Bonnie Robles 6-7483, [bonnie.robles@vandenberg.af.mil](mailto:bonnie.robles@vandenberg.af.mil) or Judith Monroe 6-6785, [Judith.Monroe@vandenberg.af.mil](mailto:Judith.Monroe@vandenberg.af.mil) Fax 5-4785. (30MDOS/SGO, 6-3308)

#### 7. Air Force Reserves: (30 MSS/ISR)

**Briefing:** 12 Nov 03, 1300, Bldg 11777, Rm C-114. If interested in applying for this program, you must first attend the **Palace Chase** briefing. For information, call MSgt Kartheiser (AF Reserve Recruiter, 6-2704)

OFFICIAL

FRANK GALLEGOS  
Colonel, USAF  
Commander

Mary E. Meyer  
Chief, Publishing Management

### SECTION III — UNOFFICIAL

#### General Information:

**a. African-American Association:** The association will meet on Thursday, 6 Nov 03 at 1130 in the small conference room at the Services Center, B/10122. All are welcome to attend and provide ideas and suggestions for our upcoming MLK and Black History Month events. Contact Lt Isaac Wright, 5-4910, Capt Kendall Jordan, 5-4538, or SSgt Karon Williams, 5-3544. (30CES/CEOEA)

**b. Community College Of The Air Force (CCAF) Fall 2003 Graduation:** Wednesday, 12 Nov 03, Pacific Coast Club. All commanders, supervisors, family members, co-workers and friends are cordially invited to attend both the commencement and reception to recognize the accomplishments of the graduates. (30MSS/DPHE, 5-5905)

**c. AFSA Chapter 1356 General Membership Meeting:** Air Force Sergeant's Association, Chapter 1356 is conducting a general membership meeting at 1530, 12 Nov 03, Services Center, Bldg 10122, corner of Washington Ave and California Blvd. AFSA membership is open to all active duty and retired enlisted military. AFSA lobbyists continue to inform members of Congress of the sacrifices those who wear and have worn the uniform, (and their families) make on a daily basis for the protection of the American way-of-life. From fighting for full pay raises for those still wearing the uniform, to full on-time cost of living allowances (COLA) for retirees, AFSA continues to lead the way to preserve and improve the quality-of-life for its



members. AFSA Chapter 1356 needs Team Vandenberg's support. For additional information, please contact MSgt (Sel) Astrosky at 6-9308. (30SCS/SCBH, 6-5403)

**d. The Central Coast/Vandenberg Chapter of Tuskegee Airman Inc:** Meeting will be held on Thursday, 13 Nov 03, at the Services Center at 1000. Call Capt Ferdinand Desir at 6-4021 or TSgt Gail Hamilton 6-8475. (2SLS/MAFA, 5-4910)

**e. Company Grade Officer's Obstacle Course Run-Time Change!** The new time is 1530 every Wednesday. Meet at the O-course. Build camaraderie and get a good workout! We run it at your pace. Call 2Lt Korinne Houston for questions at 5-0782 or 588-7445. (30SFS/SFOC)

**f. Holiday Billboard Contest:** Registration for the 5th annual Team Vandenberg Holiday Billboard Contest is underway. Organizations decorate a 4'x4' plywood palette expressing their seasons greetings with a traditional holiday theme (sorry, no religious based themes). This contest is open to all base organizations including contractors, and multiple billboards per group are allowed. The entry fee is \$50 each. First place prize is \$150 plus a portion of the proceeds will be donated to Operation Kids Christmas in the winner's name. Second and third place winners will receive \$100 and \$50 respectively. The remaining funds will be applied toward reducing ticket costs for the 30SW Holiday Party. For additional details or to register, please contact MSgt Adrian de Silva at 6-3122, ASAP. Let's show our Holiday and Team Vandenberg spirit by participating in this worthwhile event. (30CES/CEOE, 6-7001)

**g. Office Furniture Available:** Workgroup Managers (WM) and fellow office workers, the Education Office currently has several desks and chairs available for pick-up. We currently also possess 11 monitors available to be transferred to another account. Contact the Education Office 5-5900 for more information. (30SW/CP, 6-9961)

**h. Santa Barbara County Public Health Offers Free Flu Shots:** Visit the following location for persons age 60 and over or for younger persons with doctor's verification of chronic illness. (30MDOS/SGO, 6-3308)

**Santa Maria**

Oasis Senior Center, 420 Soares St., Orcutt

Monday, 10 Nov.03, 1300—1600

**i. Craft Show/Bake Sale Fundraiser:** Crestview Elementary will be holding a Craft Show and Bake Sale fundraiser on Saturday, 15 Nov 03 from 0900—1500. If you would like to reserve a space, please contact Wendy Wilkerson at 734-2994 or 588-5400. Thanks for your support! (30MSS/DPMD, 6-6488)

**Health and Wellness Center:** (30MDG/HAWC, 6-2221)

**a. Walk Your Way Through the Holidays Contest:** 27 Oct 03—19 Dec 03. This is an 8-week contest. Top finishers will receive prizes!! Stop by the Base Fitness Center or the HAWC to pick up your pedometer.

**b. Tobacco Cessation Class:** A six-week class held on Tuesday from 1200-1300 geared toward helping individuals quit tobacco for good. For class dates and more information please contact the HAWC at 6-2221.

**c. Sensible Weigh Program:** A four-week class held at the HAWC on Wednesday from 1400-1530 and on Thursday from 0800-0930, (class #3 is held at the Commissary). This class helps individuals lose weight and learn healthy eating habits. For more information and to sign up, please call the HAWC at 6-2221.

**d. Breastfeeding and Infant Care:** This class is offered to help new Moms with the proper tips and techniques of breastfeeding as well as Infant Care (Dads are highly encouraged to attend). Class is offered quarterly, for more information please call the HAWC at 6-2221.

**e. Exercising During Pregnancy:** This class gives expectant Moms the guidelines for staying fit while pregnant and is offered quarterly. For more information please call the HAWC at 6-2221.

**f. Risk Reduction Series:** A series of 3 classes offered on Thursday at the HAWC from 1400-1600. The first Thursday covers Diabetes, the second Thursday covers Cholesterol/Heart Disease, and the third Thursday covers High Blood Pressure. For more information or to sign-up please call the HAWC at 6-2221.

**g. The HAWC conducts Body Fat Taping** every day during the following hours: Monday, Wednesday & Friday from 1000—1100 and Tuesday, Thursday from 1300—1400.

**Chapel:** (30SW/HC, 6-5773)

**a. Worship Schedule: Catholic Mass:** Saturday, 1615—1645 confessions; 1700 Chapel II; Sun 1000, Chapel I, Daily Mass 1130 M-F, Chapel II -- **Protestant:** Praise & Worship 0830 Sunday, Chapel II; Gospel 1130 Sunday, Chapel II; Traditional 1130 Sunday, Chapel I.

**b. The Vandenberg Jewish Community:** Hebrew and Bar Mitzvah classes are ongoing on base. These classes are open to all children with base access. Please call Randee Van Ness at 734-3311.

**c. Vandenberg Officer Christian Fellowship:** The (OCF) is a non-denominational bible study meeting Thursday nights, 1900, at the home of Maj Keith and Christy Keana, 612 Cherry St. Come join us for a time

of study, fellowship and prayer. Please contact Maj Keana or Christy at 734-0696 (home) or 6-6461 for more information. [Keith.keana@vandenbergh.af.mil](mailto:Keith.keana@vandenbergh.af.mil).

**d. Community Thanksgiving Service and Dinner:** The Chapel will be hosting an Ecumenical Thanksgiving service on Sunday, 23 Nov 03 at Chapel 1. Our worship service begins at 1700 in the Chapel followed by our fellowship Thanksgiving dinner at 1800 in the Chapel 1 annex. Everyone is invited to join us for this event. For more information, please contact Chaplain Terrinoni at 6-5773.

**e. No Thanksgiving Mass:** There will be no Catholic mass on Thanksgiving Day or Friday, 28 Nov 03. We will have our Saturday mass at 1700 on 29 Nov 03, at Chapel 2.

**Family Support Center:** (To pre-register for all classes, workshops, and seminars, call the designated point of contact, 30MSS/DPF, 6-0039).

**a. Office Closure:** The Family Support Center will be closed for staff training every Monday from 0730—0930. Personnel requiring emergency Air Force Aid will be assisted. Call 6-0039.

**b. Global Hearts Group November Events:** Friday, 14 Nov 03, 1800—2000 at the Chapel Annex. The night will feature a “kids” movie and a simple dinner. This is for kids so “mom and dad” have some quiet time. Saturday, 15 Nov 03, 1130—500 at the Chapel Annex, Craft & Activities Lunch. These events are for spouse of active duty members who are TDY, remote or deployed for more than 30 days. Call 6-0039.

**c. BabyMeet:** Meets Tuesday and Thursday at 0900 at the Religious Education Center, Bldg 16140. If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. Contact Lora at 734-1461.

**d. Playtime for Tots:** Meets Wednesday mornings at 1000. This playgroup is for parents and the children ages 2 to 5. Contact Sully at 734-2089.

**30<sup>th</sup> Services Squadron:** (30SVS/SVK, 6-276)

**a. Auto Hobby Shop:** (30SVS/SVRA, 6-6014)

- **Auto Safety Class:** 10 Nov 03. This safety course is "Under Hood / Around Your Car". Call the Auto Hobby Shop to sign up.

- **Early Bird Shop:** Tuesday—Thursday, shop opens at 1000.

**b. Surf Lanes Bowling Center:** (30SVS/SVRB, 6-3209/734-1310)

- **Airmen's Night:** Thursdays, 1700—2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.

- **Eat & Bowl:** Monday—Friday, 1030—1300. Enjoy a burger, fries and soda, then hit the lanes with 3 games of bowling for just \$10.

- **Thunder Alley:** Thursday, 1800—2100; Friday, 2200-0100; Saturday, 2100—2400. Catch the ultimate glow bowl experience 3 nights a week!

**c. Breakers Dining:** (30SVS/SVMF, 6-7540)

- **Dial-a-Menu:** Call our telephone menu service and find out what's being served in your dining facility. The number is 6-8234.

- **Deployed Spouses:** Thursday, 1800. Open to all spouses and dependents of deployed members. This offers spouses a chance every week to socialize with other spouses and gives them a break from cooking. E-4 and below pay cost of food only, E5 and above include surcharge.

**d. Child Development Center:** (30SVS/SVYC, 6-1555)

- **Give Parents a Break:** This program offers parents one evening of childcare per month for parents who need a break. Give us a call and find out how you can qualify.

- **Drop-in Care Available:** The Child Development Center is open to active duty military, DOD civilians, and DOD contractors, as well as reservists placed on active duty for training. The CDC has drop in care for \$3.50 an hour on a space available basis.

**e. Family Child Care:** (30SVS/SVYD, 6-3255)

- **Provider Training:** The need for Child Care Providers has never been greater! Help make a difference and find out how you can become a licensed childcare provider. Contact Gwendolyn Jones at 6-4639 or 6-3255.

- **Mildly Ill Program:** Take advantage of this great Air Force initiative. Parents can leave their 'mildly ill' children with a certified caregiver so they will not have to take time off from work. To be eligible your child must be enrolled with the Child Development Center (CDC), Youth Center or a Family Child Care (FCC) home.

**f. Fitness Center:** (30SVS/SVMP, 6-3832)

- **Fitness Contest:** 27 Oct 03—19 Dec 03. 'Walk your way through the holidays' with this 8-week long walking contest. Sign up at the Fitness Center or the HAWC.

- **Spin on a Schwinn:** 3 Nov 03—19 Dec 03. Take a 10-minute ride on our new stationary bike from Schwinn, then tell what you think with a quick survey and you'll have a chance to take the bike home with you!
- **Racquetball Tournament:** 7 Nov 03, 1200.
- **Tennis Tournament:** 8 Nov 03, 1000. The Fitness Center is organizing a tennis tournament. Sign up by 5 Nov 03.
- g. Library:** (30SVS/SVMG, 6-6414)
  - **Pre-School Story Time:** 6 Nov 03, 1000.
  - **Dial-a-Story:** The phone number is 6-4300. Available 24/7, story changes each Sunday.
- h. Marshallia Ranch Golf Course:** (30SVS/SVRG, 6-6262)
  - **Youth Golf Lessons:** Saturday, 1330. Lessons are available for youths ages 8 years and up. Cost is \$5 each session including use of rental club set and range balls.
- i. Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)
  - **Horseback Ride:** 22 Nov 03, 1330—445, Pacific Dunes Ranch. Cost is \$38, sign up by 14 Nov 03.
- j. Pacific Coast Club:** (30SVS/SVRMC, 734-4375 or 734-4376)  
**Entertainment/Events:**
  - **Around The World:** Join us for our new "Around The World" promotion as we explore 20 beers from 20 different countries. A new beer will be available every Friday for a two week period. Pick up your passport card today!
  - **Country Night:** 7 Nov 03, 2100-0200, in the E-Lounge.
  - **Karaoke Night:** 7 Nov 03, 1900-2300, in the O-Lounge.
  - **Mug Night:** 8 Nov 03, 2100-0300, in the Enlisted Lounge.
  - **Football Frenzy:** 10 Nov 03, 1700. Philadelphia Eagles vs Green Bay Packers.
  - **Bonanza Bingo:** Play Bonanza Bingo at the Club 7 days a week for just \$1 per ticket! You may win up to \$1000.**Menu:**
  - **New Foggio's Evening Hours:** Sunday, 1700-2000; Monday - Thursday, 1700-2100; Friday, 1600—2200; Saturday, 1700—2100.
  - **Fried Chicken Night:** 4 Nov 03, 1600—1000.
  - **2 For 1 Steak Night:** 5 Nov 03, 1800—2000.
  - **Pasta Mania Buffet:** 6 Nov 03, 1700—2000.
  - **Weekly Lunch Schedule:** Monday—Lunch Special; Tuesday—Mexican, Italian, or Oriental Buffet (rotates weekly); Wednesday—Santa Maria BBQ Buffet; Thursday—Chicken and Ribs Buffet; Friday—Seafood Buffet.
- k. Rod & Gun:** (30SVS/SVRR, 6-4560)
  - **Open Shoot:** Open Trap & Skeet shoot every Wed, Fri and Sat morning at 0830.
- l. Services Center:** (30SVS/SVYR, 6-7976)
  - **Dining Books:** The 2004 Discovery Dining Books are available at the Services Center for \$19.95.
  - **Natural Knead Massage:** New extended hours! Monday—Friday open until 1900. Custom gift baskets, gift certificates, and couples massage packages are available.
  - **Family and Teen Talent Show:** 6 Dec 03. The call is out to contestants for the family and teen talent show. If you are interested in being a part of this year's show, contact Lynn at 605-8974.
- m. Skills Development:** (30SVS/SVRS, 6-6438)
  - **Basic Framing and Matting:** 4 Nov 03, 1800—2030. Cost is \$15. Sign up at least two days prior to class.
  - **Pottery and Clay:** 4, 11 Nov 03, 1800—2000. Session 1 of 2, cost is \$30 + materials. Sign up at least two days prior to class.
  - **Stained-Glass Workshop:** 5 Nov 03, 1700. \$2 per hour + cost of materials.
  - **Scrapbooking Workshop:** 6 Nov 03, 1800—2100. \$2 per hour + cost of materials.
  - **Arts & Crafts Faire:** 8 Nov 03, 0900—1500. Don't miss this year's arts and crafts faire held on the Surf Lanes Bowling Center lawn area.
- n. Swimming Pool:** (30SVS/SVRO, 6-3581)
  - **Pool Closed:** Due to delays in the maintenance the pool will be closed until further notice.
- o. Veterinary Clinic:** (30SVS/SVRV, 6-3019)
  - **Clinic Days:** Thursday is the normal clinic day. Pets can be seen by appointment only by calling us at 6-3019. The appointment schedule is released every Friday for the following Thursday.
- p. Youth Center:** (30SVS/SVYY, 6-2152)
  - **Youth Basketball:** Registration is underway at the Youth Center until 31 Oct 03, or until teams are

full. Stop by Mon—Fri from 0730—1700 and sign up. Open to boys and girls grades K-8.

**Education Center:** (30MSS/DPHE, 5-5904)

**Spouse Scholarship Available:** Please stop by the Education Services Center to pick up information on the Spouse Scholarship Program funded by the Aerospace Education Foundation. Applications can be found at Bldg. 14001, 144 Wyoming Avenue, Education Office (across the street from the Commissary). Applications are accepted from 1 Nov 03—30 Jan 04. The 30, \$1,000 scholarships will be awarded in March. Every applicant will receive notification of their application status by the Aerospace Education Foundation. For more information, please call Ms. Jacque Estrada at 5-5903.

**Computer Training:** (InDyne, 6-3771)

**a. Personal Computer Systems Training:** Call for information and dates for our new classes, Adobe Acrobat Writer, Photoshop Elements, and Advanced Access. Learn Introduction to Computers -- A basic class for beginners; Word 2000; Word Advanced; Excel 2000; Excel Advanced; PowerPoint 2000; Access 2000 Beginning; Access 2000 Intermediate; Access 2000 Advanced; Access Lab; Palm PDA Beginning; Project 2000; Publisher 2000; Front Page 2000; Outlook 2000; and Outlook Email Only (a class specifically for those in process of getting an email account). In addition to the existing traditional demonstration/lecture courses offered at the Computer Training Facility located within Bldg. 9360, InDyne, Inc. also reserves 4 hour blocks of time specifically for those students interested in completing Computer Based Training (CBT) Courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal Computer in their work environment. Slots are available both in the morning and afternoon time frames. Call 6-3771, or e-mail: <mailto:lexi.schwartz@vandenbergh.af.mil>

**b. Computer Tips: First Tip:** Perform "What-If" Analysis in Excel by Dragging Chart Points - Although you likely use charts most often to analyze existing data, you can also use them to project hypothetical results. Just as changing the source data in a worksheet cell adjusts the graphical representation shown in the chart, manually moving charted data points adjusts the underlying data. To see this firsthand, enter the headings 2001 and 2002 in cells B1 and C1. Then, in the range A2:A5, enter the row headings North, South, East, and West. Finally, enter some random numbers in range B2:C5 to complete the sample data. At this point, select the data range and click the Chart Wizard button. When the Wizard opens, click the Finish button to generate a standard column chart. Then, click on one of the columns, which will select the entire data series. Wait a moment, so as not to accidentally double-click, and then click on the column again. Now only the column you clicked on is selected. Click and drag the sizing handle found on the column's top edge up or down. As you do so, a label appears to show the value that the resized column represents. When you release the mouse button you'll see that the related value in the worksheet cell has changed accordingly. Note that although a column chart was used in this example, you can apply this technique to other chart types as well. **Second Tip:** Change Which Folder Opens When You Launch Outlook - By default when Outlook opens, you immediately see the Inbox. But you might like Outlook to always open the Calendar instead. You can change which Outlook folder is opened when you launch Outlook by choosing "Options" from the Tools menu. Click on the "Other" tab and click the Advanced Options button. From the "Startup In This Folder" dropdown list, select the desired startup folder (e.g. Calendar). Now click OK twice to return to Outlook. Close Outlook and then restart it. The Calendar is now displayed and is selected in the Folder List.

**c. Available Classes:** Following are classes scheduled for the next two weeks, which have open slots:

Class	Date(s)	Time
Windows —Tips and Tricks	5 Nov 03	1130—1230
EMSEC Training	5 Nov 03	0800—1130
Photo— Special Effects I	7 Nov 03	1130—1230
Outlook Email Only	10 Nov 03	0800—1100
Office— Customizing Toolbars	10 Nov 03	1130—1230
Word Advanced	10 Nov 03	1300—1600
Photo—Special Effects II	12 Nov 03	1130—1230
Front Page 2000	12—14 Nov 03	1300—1600
Excel 2000	12—14 Nov 03	0800—1100
Excel—Filtering, Sorting, and Subtotals	14 Nov 03	1130—1230
Photo—Cropping and Cloning	17 Nov 03	1130—1230
Access 2000 Intermediate	17—21 Nov 03	1300—1600
Workgroup Managers Course	17—21 Nov 03	0800—1600
Word 2000	17—19 Nov 03	0800—1100
ADPE EC Training	19 Nov 03	0900—1100



PowerPoint—Inserting Sounds and Movies	19 Nov 03	1130—1230
Excel 2000 Advanced	20 Nov 03	0800—1100
Outlook Email Only	21 Nov 03	0800—1100
Word—Styles & Table of Contents	21 Nov 03	1130—1230

**Note:** Walk-ins are always welcomed!

**American Red Cross:** (ARC, 736-5110)

**Disaster Training Classes:** The Santa Barbara County Chapter is offering a number of courses to train volunteers to assist in a disaster. Courses will rotate between Santa Barbara, Lompoc, Santa Maria and Buellton locations. To register for these classes call 937-0778, or e-mail to [disaster@sbaco-redcross.org](mailto:disaster@sbaco-redcross.org).

**Training Course**

**Santa Maria Fire Station#1**, 314 W. Cook St, Training Room

	<b>Date</b>	<b>Time</b>
Mass Care Overview #3068	Wed, 5 Nov 03	1800—2200
Damage Assessment #3067	Mon, 10 Nov 03	1800—2200
Shelter Operations #3068-11	Wed, 12 Nov 03	1800—2200
Providing Emergency Assistance to Families #3072	Sat, 15 Nov 03	0900—1700
Shelter Simulation #3068-12	Mon, 17 Nov 03	1800—2200
<b>Santa Maria Office</b> , 222 W. Carmen Lane, 928-0778	Wed, 19 Nov 03	1800—2000
Disaster Action Team (DAT) Workshop #4001		
Communications for Disaster Workers #3058	Wed, 19 Nov 03	2000—2200

All of the above courses are free of charge. They are designed to prepare individuals and groups to participate as volunteers in Red Cross activities. Be part of the solution! Call to register today or email us at [disaster@sbaco-redcross.org](mailto:disaster@sbaco-redcross.org).

**Items For Sale**

**For Sale:** 2000 Ford Escort ZX2, Original Owner, 45,000 miles, black, 4 cylinder, 5-speed, AC, PS, PW, Remote Power Door Locks, Alarm. AM/FM Cassette and 6 Disc CD Changer, Alloy Wheels, 33/28 mpg, excellent condition, \$6,800, call 937-3787.

**For Sale:** 1995 BMW 325i Convertible, Steptronic transmission, new brake pads, new rotors, new Goodyear tires, trip computer, dual passenger climate control, automatic top, chrome wheels, Nachamichi CD player, Blue Book - \$16,700, will sell for \$14,900. 734-1289

**For Sale:** 1995 Mitsubishi Mirage. Original non-smoking owner. Silver and sporty, CD, A/C, window tint, 5-speed, 107K miles. Very reliable! Asking \$2300 OBO. Call 348-1084 and leave message.

**For Sale:** 1990 Toyota Pick-up, 4-Speed, Trailer Hitch, Tool Carrier, 160K miles, New Tires & Radiator, \$2,800 OBO, Leave Message, 735-3592.

**For Sale:** 1986 Honda Prelude Si 2.0. Original owner. All the features; 126,000 miles; good for another hundred thousand. 25mpg while commuting; more on highway. \$3,000. 733-4245 after 1700.

**For Sale:** 2001 Honda CR80 Very nice condition, FMF Pipe, Turbine Core II Silencer, Protapers \$1,700. 1989 Honda CR80 Fresh Top and Bottom End comes with extra rolling chassis \$780. Lighted Running Boards for Ford Explorer 4 Dr and F-150 Extended Cab. \$220. Bigger Boy Moto gear \$20-\$80. Call Rick 588-4262 or 736-3774

**For Sale:** 1984 Honda V30 Magna (500cc). Excellent shape-only 16,000 miles, New tires, battery, chain & sprockets. \$950. OBO. Call 734-1697.

**For Sale:** German made foosball table, excellent condition. \$100, call 734-0176 leave message.

**For Sale:** RCBS Rock Chucker Reloading Kit. New in box. \$150, call 734-0176 leave message.

**For Sale:** Fender Eric Clapton Stratocaster guitar (Black) with Marshall 50 watt amp. Like new \$800.00 firm, Larry or Steph, 733-5538 or 588-8509

**For Sale:** Epiphone Les Paul Standard electric guitar, cherry sunburst, chrome humbuckers, mahogany body, carved maple top, rosewood fingerboard, cream body and fretboard binding. \$350 OBO. 734-0062

**For Sale:** 4 piece furniture set for bedroom (chest, dresser, bed and nightstand, mattress and box spring included) \$500 OBO. Blue sofa in good condition, \$75 OBO. Home stereo system/make offer. 739-5447

**Free Pet:** Free to good home, black male Lab mix, one and half yrs old. Current shots, a very friendly dog (good with kids!) Also house broken. Please contact Rudy or Yong at Home: 734-0550, Cell: 717-2415.

**Moving Sale:** 12 X 19 Mauve carpet w/padding, fits great in older housing living room, \$125 OBO; Queen mattress set, 6 yrs old, \$150 OBO; Entertainment Center, \$25; Little Tyke tool bench, \$15; Today's Kids adjustable basketball goal, \$5. Call Leslie @ 734-4767 FMI